A STRUCTURED APPROACH TO TRAINING TEXT MESSAGING
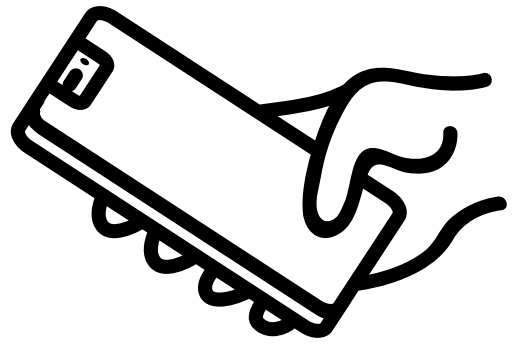
(Fein, Bayley, Rising, & Beeson, 2020)

PHASE 1: COPY AND RECALL TREATMENT FOR TEXTING (T-CART)

Choose functional and personally-relevant words
- Client copies written word 3 times via handwriting
- Ask client to write word from memory without model
- Client types word 3 times on cellphone with model
- Ask client to type word from memory without model
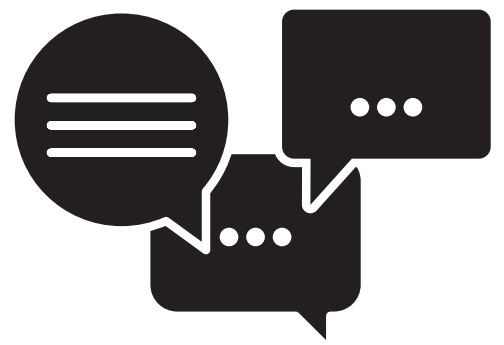
PHASE 2: SCRIPT TRAINING

Develop personally-relevant scripts that span different functions
- Provide client with sheet that has text scripts hidden
- Reveal and text first message to client
- Reveal next message and ask client to copy model of appropriate response
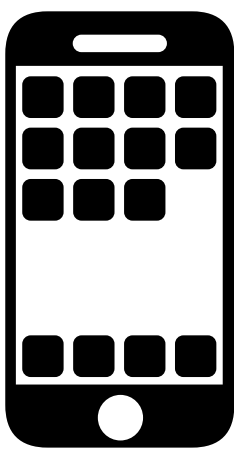- Complete until script is complete

PHASE 3: SEND AND RECEIVE NOVEL TEXTS

Address both *pragmatics* and *technical skills*
- For *pragmatics*, train responding to messages first and ways to further conversation. Then begin training initiation of messages
- For *technical skills,* provide short-term memory strategies (such as chunking) to help with retention of message while texting

TRAIN APP NAVIGATION AS NEEDED

Some clients may also need training on how to navigate to the texting app on their phone. Consider using the Spaced Retrieval method and/or creating a visual handout with step-by-step instructions